

Calorie and Carbohydrate Comparisons: SPLENDA[®] Sweetener Products and Sugar

Product	Amount	Calories	Carbohydrates
Sugar	1 teaspoon	16	4g
	1 cup	768	192g
	1 packet	11	3g
SPLENDA [®] No Calorie Sweetener Granulated	1 teaspoon	2*	<1g [†]
	1 cup	96	24g [†]
SPLENDA [®] No Calorie Sweetener Packets	1 packet	4*	<1g [†]
SPLENDA [®] Sugar Blend [‡]	1/2 cup	384	96g
SPLENDA [®] Brown Sugar Blend [‡]	1/2 cup packed	380-420	95-105g
SPLENDA [®] Flavors for Coffee	1 packet	4*	<1g
SPLENDA [®] QUICK PACK [®] Pouches	1 pack	13*	3.5g [†]

*SPLENDA[®] No Calorie Sweetener meets FDA standards for no-calorie foods (<5 calories per serving).

[†] The carbohydrates and calories in SPLENDA[®] No Calorie Sweetener Products come from maltodextrin and/or dextrose. These are common food ingredients used in other no-calorie sweeteners that add bulk but only minimal carbohydrates and calories to each serving of SPLENDA[®] Granulated Sweetener. Note that up to 8 teaspoons of SPLENDA[®] No Calorie Sweetener Products or up to 4 packets of SPLENDA[®] No Calorie Sweetener is considered a free food¹ in a diet for diabetes and can fit easily into a meal plan for people with diabetes.

[‡] Your patients only need to use 1/2 cup of SPLENDA[®] Sugar Blend or SPLENDA[®] Brown Sugar Blend to replace a full cup of pure sugar or brown sugar in their favorite recipes.

¹ Exchange Lists for Meal Planning, American Diabetes Association/American Dietetic Association, 2003.